Professional Qualifications

- Bsc Hons Physiotherapy, Cardiff University 2019- First Class Honours

Memberships

- Health and Care Professional Council (HCPC)
- Chartered Society of Physiotherapy (CSP)

LYDIA HELSBY

Specialist Physiotherapist
Office: 01772 789746 | Mobile: 07768660895
Email: Lydia.Helsby@psp-uk.co.uk
Base: Northwest of England

Professional experience

Lydia is an experienced neurological physiotherapist with experience working in both hospital and community settings across the NHS.

Lydia splits her role across PSP Physiotherapy Team providing specialist neurological rehabilitation for children in the community settings such as homes and schools as well as continuing her NHS work for Alder Hey Children's Hospital, working as a specialist physiotherapist for the Spasticity and Tone Management Service. For this role, Lydia works as part of the extensive Multi-Disciplinary Team in the deciding of Tone Management Options such as Pharmacological, SDR, Intrathecal Baclofen Pump, Selective Peripheral Neurectomy, Deep Brain Stimulation and Botulinum Toxin Injections.

Lydia is a dedicated and enthusiastic physiotherapist with a passion for children and young people with Neurodisabilities and is dedicated to make a difference for this client group and their families.

In both roles, Lydia provides a detailed and comprehensive neurological assessment followed by an individual and specialised treatment program which is tailored to the client and family life.

Areas of expertise

- Neurodisabilities and Tone Management
- Spasticity and Dystonia
- Selective Dorsal Rhizotomy- Neurological assessment, selection criteria, post-operative rehabilitation
- Comprehensive Neurological Assessment tools.
- 24Postural Management Program
- Manual Handling
- Hydrotherapy
- CPIP Assessment

Professional Development Courses and Conferences attended in the last 10 years

- Posterior Fossa Conference- PFS Society September 2022.
- ACPC/ CSP Aquatic Therapy Course- September 2022
- MSK Paediatrics Assessment- APCP- November 2023
- Selective Dorsal Rhizotomy Away Day- November 2023
- Kids Up North- November 2023
- CPIP Assessment Countess of Chester- September 2023
- Deep Brain Stimulation Away Day- June 2024
- Manual Handling Train the Trainer- Alder Hey Children's Hospital May 2024

Mandatory Training (up to date)

- Manual Handling- Up to date
- Safeguarding Children Level 1, 2 and 3- Up to date
- Fire Safety- Up to date
- Basic Life Support- Up to date